

SEVEN HABITS

7 Simple Habits To Keep You Consistently Happy Every Day

1. Plan your day the night before
2. Wake up early
3. Exercise daily
4. Have a habit of disengagement
5. Regularly help others
6. Learn new skills Have multiple ways to “win” each day

7 Money Habits of the Rich

1. Build up cash by saving it
2. Don't pay for what you don't need
3. Haggle
4. Just do it
5. Set goals – and achieve them
6. Live simply
7. Get fit

7 Habits of People Who Build Extraordinary Relationships

1. Take the hit
2. Step in without being asked
3. Answer the question that is not asked
4. Know when to dial it back
5. Prove they think of others
6. Realize when they have acted poorly
7. Give consistently, receive occasionally

7 Simple Sunday Habits To Set You Up For A Productive Week

1. Steal an hour to get organized
2. Fill your plate with healthy food
3. Add meaning to the day
4. Concentrate on the positive
5. Have some old-school fun
6. Set yourself up for quality sleep
7. Take time to reflect

7 Habits of a Self-Made Millennial Millionaire

1. Positive Thinking
2. Practice What You Preach
3. Greet The Day
4. Embrace Collaboration
5. Consistency is Key
6. Integrity Always
7. Gratitude and Mindfulness

7 Great Habits of the Most Successful People

1. They are Goal Oriented
2. They are Results Driven
3. They are Action Oriented
4. They are People Oriented
5. They are Health Conscious
6. They are Honest
7. They are Self-Disciplined

BONUS: Weekend Habits of Highly Successful People

Robert Iger (Disney CEO): Get up early

Benjamin Franklin: Have a plan

Tim Ferris (Author of The Four Hour Work Week): Don't multi-task

Anna Wintour (Vogue Editor-in-Chief): Stay active

Steve Jobs: Prioritize what's important

Warren Buffet: Make time for hobbies

Oprah: Practice stillness

Bill Gates: Take time to reflect

Richard Branson: Give back

Jack Dorsey (Twitter and Square co-founder): Get ready for the week ahead

Jay Z: Keep up the momentum